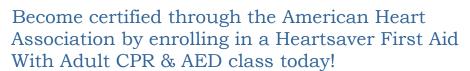


Summer and Fall 2014

Human Resources & Information Technology Services Departments

CPR/First Aid/AED Training

Effective bystander CPR (cardiopulmonary resuscitation) can double a victim's chance of surviving sudden cardiac arrest. CPR helps maintain vital blood flow to the heart and brain and increases the amount of time that an electric shock from a defibrillator (AED) can be effective.



Classes held Thursdays **8 AM - 4 PM** in the Public Works Lunchroom (unless otherwise noted)

June 19th
July 17th
August 21st
September 18th
October 16th
November 20th

This class is open to the public; encourage your friends and family to attend with you. Wear comfortable clothing because you will demonstrate CPR techniques on the floor using manikins.





LOCATION
City of Chula Vista
Public Works Center
1800 Maxwell Rd.
Chula Vista, CA
91911

\$25 Public \$10 SWC Students Free for employees & registered volunteers

Employees can enroll via the City's TargetSolutions site at tel://app.targetsafety.com/login/?c=cityofchulavista using your email address as your user name & your custom password. Under the "Home" tab select "Events" then choose the date of the course and click on the green "enroll" box.

Employees without internet access, volunteers, and nonemployees, please call Isabel Zetina in the Human Resources Department at (619) 407-3589 for assistance with enrollment.